

Class Description & What to Wear!

MINI SQUAD Cheer (3yrs-5yrs)

Introduction to cheerleading and basic cheerleading skills. Objectives include following directions, improving coordination and comprehension.

Clothing : comfortable, moveable clothing and tennis shoes. Please keep hair pulled back.

BEGINNING SQUAD Cheer (6yrs to 5th Grade)

Basic cheerleading instruction. Focus on strengthening, Balance, Body control, and Flexibility. Objectives include Team Building skills and goal setting.

Clothing : comfortable, moveable clothing and tennis shoes. Please keep hair pulled back.

INTERMEDIATE SQUAD Cheer (6yrs to 6th Grade/Junior High)

This class is designed to give girls who have mastered basic cheerleading skills, more of a challenge!! Some cheer, dance, or gymnastic experience required.

Perfecting and building on already established cheerleading knowledge. Emphasis on strengthening, technique, stunting, Team building and goal setting.

Clothing: comfortable, moveable clothing, unless otherwise instructed by their coach.

MUST WEAR TENNIS SHOES TO PARTICIPATE! (Safety Law) Hair must be pulled back.

TUMBLING Cheer (Beginning/Intermediate, 6yrs to 6th Grade/Junior High)

Intro to tumbling. Focus on basics like rolls, handstands, cartwheels, round offs, and back handsprings.

Clothing: tight shorts & shirt or prefer gymnastics suit. Hair pulled back.

Please NO jewelry!